



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUST ADD WATER AND SHAKE

**AQUA ZUMBA®**  
Portage Township YMCA

Download Our App



**Perfect For**

Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

**How It Works**

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

**Benefits**

There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**WHEN:** Tuesdays & Thursdays at 4:30pm beginning April 17<sup>th</sup>

**WHERE:** Best Western Plus Portage Hotel & Suites  
6200 Melton Rd., Portage, IN 46368

<b>FEES:</b>	<b>MEMBER</b>	<b>NON-MEMBER</b>	<b>BEST WESTERN</b> <small>Must be checked-in as guest</small>
	FREE	\$5.00/week	FREE

\*REGISTRATION IS REQUIRED\*  
In-house or Online



PORTAGE TOWNSHIP YMCA | 3100 Willowcreek Rd., Portage, IN 46368  
219 762 9622 | www.ymcaofportage.org